



KB2

The Kitchen Bitch - 2<sup>nd</sup> Edition  
2008

Final Version

It has been a little over a year since the release of the KB1, time to add some more recipes.  
If you still see some shite off, let me know, so I can make revisions.

Written By:  
Joel Maxuel

Developed using Corel WordPerfect and PDF995.



## Table of Contents

### Table of Contents:

Introduction .....	5
Breakfast	
Classic Potato Latkes .....	7
Oatmeal (Quick Oatmeal / Roasted Oatmeal) .....	8
Pancakes .....	9
Suzie Brooks's Granola .....	10
Salads & Sides	
Bean Salad .....	12
Caesar Salad .....	13
Carrot Salad .....	14
Chinese Salad .....	15
Garlic Bread .....	16
Greek Salad .....	17
Pumpkin & Mozzarella Bruchetta .....	18
Tabouleh .....	19
Soups	
Autumn Soup .....	21
Fish Soup .....	22
Ham and Lentil Soup .....	23
Newfoundland Cod Chowder .....	24
Potato – Leek Soup .....	25
Ratatouille .....	26
Roasted Garlic Soup .....	27
Vegan Hot and Sour Soup .....	28
Scratch	
Baba Ghanouj .....	30
Flour Tortillas .....	31
Hummus .....	32
Pie Pastry .....	33
Salad Dressings (Raspberry Vinaigrette / Oriental Dressing) .....	34

Continued on next page . . .

## Table of Contents

### Table of Contents (con't):

#### Dinner

Baked Beans . . . . .	36
Chili Con Carne . . . . .	37
Exotic Ginger Cumin Chicken . . . . .	38
Fajitas . . . . .	39
Falafels . . . . .	40
French Canadian Pork Pie . . . . .	41
Herb-Crusted Chicken Le Cordon Bleu . . . . .	42
Mexican Meat Loaf . . . . .	43
Oven Fried Cajun Chicken . . . . .	44
Pizza Alla Pumpkin . . . . .	45
Sauteed Kale . . . . .	46
Smoked Salmon Quiche . . . . .	47
Vegetarian Wontons . . . . .	48

#### Dinner on Pasta

Chicken Cacciatore . . . . .	50
Creamy Bacon Carbonara . . . . .	51
Egyptian Lentils . . . . .	52
Fettuccine Alfredo . . . . .	53
Penne Diana . . . . .	54
Penne Pasta with Spinach & Bacon . . . . .	55
Presto! Pesto and Chicken . . . . .	56
Sausage and Ravioli . . . . .	57
Speedy Spaghetti with Meat Sauce . . . . .	58
Tofu and Cashew Chow Mein . . . . .	59
Tuna Casserole . . . . .	60
Veggie Lasagna . . . . .	61

Continued on next page . . .

## Table of Contents

### Table of Contents (con't):

Dinner on Rice	
Baked Chicken with Curry Sauce	63
Beef & Broccoli	64
Chicken Fried Rice	65
Curried Lentils	66
Easy Chicken & Rice Casserole	67
Egyptian Lentils	52
Red Lentil Dahl	68
Spinach-Rice Casserole	69
Sushi	70
Sweet Garlic Tofu	71
Dessert	
Apple Cheddar Squares	73
Apple Crisp	74
Chocolate Peppermint Biscotti	75
Fruit With Dip	76
Ice Cream Cake	77
Lefse	78
Light Biscuit Shortcake	79
Pots de Crème au Chocolat	80
Pumpkin Pie	81
Rhubarb Pie	82
Inventory	83

## Introduction

Welcome to the KB2!

In case you don't know already, KB2 stands for "The Kitchen Bitch, 2<sup>nd</sup> Edition"

This project started as an idea from Laing House, to collect and manage recipes from Community Kitchens, Peer Support Networks, Lunch @ Laing's, et cetera, but mostly because I wanted to keep my recipes organized. Because I would like to continue to have control of the project, Laing House will not be a contributor of this (with the exception of some Laing House members).

This book is freely distributed over the internet (search for KB2 on <http://www.archive.org>). For those interested in a print version, I have received an estimate from Staples to print and bind a single copy for almost 12 bucks (\$11.84 + HST, or \$10.81 if double-sided). So if you paid more than \$16 for this somewhere, then you got screwed. If you wish to distribute this for sale, you can contact me at [united.laing.members@gmail.com](mailto:united.laing.members@gmail.com) to discuss terms. Also, if you are in a donating mood you can do this via my PayPal or to the Laing House website:

[united.laing.members@gmail.com](mailto:united.laing.members@gmail.com) (PayPal)

<http://www.lainghouse.org/donations.asp>

(Although donations to Laing won't help this project, I feel it is still a good donation)

So what's the deal with the info in the top right corner you may ask? Trying to determine the complexity of a recipe, each recipe has a rating between 1 to 5 on how uncommon the ingredients are ("C ■■■□□□ U" would represent a 2 of 5). What is also listed is the appliances needed to complete the recipe. This hopefully will make it easier to browse through looking for the "right" recipe.

Another thing list for most every recipe is "Alterations", giving you what ingredients and/or methods have been substituted. I may note that ingredients in many recipes can be dropped. Feel free to play around. Of course, if you have your own changes, there is a "Notes" section for you to pencil those in as well.

One final feature of this document is the section in the back (Inventory), which should be most helpful in finding recipes with what you may already have at your disposal.

So kick back and enjoy. The future of the KB3 is unknown (would not include recipes in this edition or KB1), however am also pondering a similar text devoted to beverages. The title is being worked on, but may be something like "The Fluid KB", but for now, it goes by the name of "Project Navy". There is no timeline for either (with this edition I learned you cannot put a timeline on content gathering).

Joel Maxuel.

The most important meal of the day, this section gives you the energy for the day, and may use these other than just breakfast. So without further ado, behold:

# **Breakfast**

# Classic Potato Latkes

C ■■■□□ U  
Stove

Source Better Homes and Gardens, PSN Holiday Meal (Chanukah)  
Makes about 10 latkes.

## Ingredients:

- 4 medium potatoes (about 1 ½ pounds)
- 3 Tbsp rendered chicken fat (schmaltz)
- 2 slightly beaten eggs
- 2 cloves garlic, finely minced
- ½ tsp salt
- 2 Tbsp cooking oil
- Sour cream (optional)
- Applesauce (optional)

## Directions:

1. Peel and finely shred potatoes. In a mixing bowl combine potatoes with chicken fat, eggs, garlic, and salt. Using 1/3 cup mixture for each latke, press mixture into patties about the size of the palm of your hand, squeezing out excess liquid.
2. In a large skillet heat chicken fat over medium-high heat. Carefully slide patties into hot fat
3. Cook over medium-high heat about 2 minutes or until latkes are golden brown, turning once
4. Repeat with remaining batter. Add additional fat during cooking, as needed. If necessary, reduce heat to medium to prevent over browning. Drain on paper towels and keep warm. Serve with sour cream or other toppings, if desired.

## Alterations:

Instead of 1 ½ pounds of potatoes, can grate a pound of potato with a pound of pumpkin, with 2 tablespoons of flour as a binding agent. Finally, if you do not have any eggs, a little mayonnaise is a great alternative.

## Notes:



# Oatmeal

Oatmeal should be firm, not soupy. If you are cooking it quickly, for less than ½ hour, use less water than if cooking for a long time. For breakfast, always have something else with oatmeal; milk is easy, but it could be eggs, or cheese, or meat, or even tamari soy sauce and roasted sunflower seeds; any of those will bring the level of protein in 1 cup of oatmeal up from 9 grams to 12 grams, as well as adding flavour to it.

## Quick Oatmeal

### Ingredients:

3 cups water  
¼ tsp salt  
1 ½ cups small-flake, rolled oats

### Directions:

1. Bring water and salt to boil
2. Add oats
3. Reduce to low heat, cover and cook 10 minutes

## Roasted Oatmeal

### Ingredients:

2 cups rolled oats  
3½ cups water

### Directions:

1. In a heavy iron skillet under good steady heat add oats
2. Roast, stirring constantly for about 5 minutes, until oats begin to smell nutty
3. Add water, steam 10 minutes
4. Serve with tamari soy sauce, gomasio, roasted sunflower seeds, and/or butter.

### Notes:

# Pancakes

## Ingredients:

1 cup Flour  
2 tsp. Baking Powder  
1/4 tsp. Salt  
1 Egg (optional)  
1 cup Milk  
1 tsp Butter (melted) or Oil

## Directions:

1. Combine flour, baking powder, and salt.
2. Beat and stir in the egg, and the milk, and finally the butter or oil.
3. Pour the batter in a hot frying pan, turning the pancakes over when they bubble (to brown the other side).
4. Serve with butter and syrup.

## Alterations:

## Notes:

# Suzie Brooks's Granola

C ■■■□□ U  
Oven

Making your own granola ensures that you have a breakfast cereal just the way you like it. You can use ingredients you trust and it's more economical than buying granola at the store. Featured in Laing House Community Kitchen June 3, 2006. (modified from Suzie Restino's and Sam Brooks's Granola)

## Ingredients:

- 8 cups rolled oats
- 1 cup raw sunflower seeds
- 1 cup chopped nuts (any mix of walnuts, almonds, filberts, pecans, cashews)
- ½ - 1 cup shredded unsweetened coconut
- ½ cup raw sesame seeds (optional)
- ½ cup raw pumpkin seeds (optional)
- ¼ cup safflower or sunflower oil
- ¾ cup maple syrup or honey (or more to taste)
- 1-2 cups dried fruit (raisins, chopped apricots, prunes, currants)

## Directions:

1. In a large bowl, combine and mix the oats, seeds, nuts, and coconut
2. Mix in a measuring cup the oil and maple syrup/honey
3. Pour the liquid into the oat mixture and mix with a spoon or your hands (if you like that sort of thing). Spoon the mixture onto cookie sheets and bake at 350 F. Stir it every 10 minutes (or earlier depending on your oven) until it begins to brown. Remove and cool, then the dried fruit
4. Once it's completely cool, store in a sealed container in a cool place.
5. Serve as cereal, in a bowl with milk or yoghurt, or eat as a snack out of your hand.

## Alterations:

None

## Notes:

So, you can't win friends with salad? I beg to differ.  
The following dishes can be used as an appetizer, or even a sidekick.  
So here we go:

# **Salads and Sides**

# (Three) Bean Salad

C ■■■□□ U

Makes about 8 servings

## Ingredients:

- 1 can Cut Green Beans
- 1 can Cut Waxed Beans
- 1 can Red Kidney Beans
- 1 Carrot (thinly sliced)
- 1 small Onion (chopped)
- 1 Bell Pepper

## Dressing:

- 1/3 cup Salad Oil (i.e. olive oil, canola, or sunflower)
- 1/2 cup Cider Vinegar
- 1 tsp. Salt
- 1/2 tsp. Pepper
- 1/4 cup Sugar
- 1/2 tsp. Celery Seed

## Directions:

1. Put dressing ingredients in a large salad bowl and whisk until blended
2. Empty cans of beans into a colander and rinse under cold water
3. Chop remaining vegetables and add to dressing. Add beans and gently stir.
4. Refrigerate for at least an hour before serving, stirring occasionally.

## Alterations:

You can use 1 1/2 cups of fresh green and/or waxed beans instead of canned, or you can substitute a type of bean (or add) for 1 can Black Beans and/or Chick Peas.

## Notes:

# Caesar Salad

## Ingredients:

½ - ¾ cup grated Parmesan cheese  
(¼ for the dressing, and ¼ - ½ for the salad itself)  
¼ cup canola/olive oil  
1/8 cup balsamic vinegar  
2 Tbsp lemon juice  
2 cloves garlic  
½ tsp Worcestershire Sauce  
¼ tsp ground black pepper (or to taste)  
1/8 tsp ground (dry) mustard or hot mustard  
8 cups chopped romaine lettuce  
Croutons

## Directions:

1. In a jar with a lid, mix or shake until creamy: cheese, canola oil, vinegar, lemon juice, garlic, Worcestershire sauce, ground black pepper, and mustard.
2. Tear off pieces of lettuce, clean thoroughly under cold water, shake excess water off, and rip into small, bite size pieces. Place in salad bowl.
3. Sprinkle lettuce with more parmesan cheese, and black pepper. Add croutons, dressing, and mix. Enjoy!!

## Alterations:

None

## Notes:

# Carrot Salad

**Ingredients:**

- 1 ½ Tbsp. Lemon Juice
- 1 Tbsp. Olive Oil
- 2 Tbsp. Parsley (fresh, chopped)
- ½ tsp. Salt
- ½ tsp. Sugar
- 6 Large Carrots (peeled & grated)

**Directions:**

1. Whisk all ingredients except carrots together.
2. Mix dressing mixture in with grated carrots.

**Alterations:**

None

**Notes:**

# Chinese Salad

## Ingredients:

### Salad:

- 1 head lettuce, shredded
- 1 cup Bean sprouts
- 4 green onions, chopped
- 1 cup Shredded carrots
- 2 Tbsp Sesame seeds
- 1 pkg. Mr. Noodles vegetable flavoured

### Dressing:

- 3 Tbsp sugar
- 3 Tbsp vinegar
- ¼ cup Salad oil
- Sesame seeds
- Flavour packet from Mr. Noodles

## Directions:

1. Combine salad ingredients in a bowl
2. Combine dressing in separate bowl
3. Mix in dressing well.

## Alterations:

None

## Notes:



C ■■■□□ U  
Oven

# Garlic Bread

**Ingredients:**

1 loaf french baguette  
½ cup margarine  
2 cloves fresh garlic, chopped  
dash salt  
½ tsp basil  
½ tsp oregano

**Directions:**

1. In a bowl, combine margarine, garlic, salt, basil, and oregano. Mix.
2. Slice baguette, and spread butter evenly.
3. Wrap in aluminum foil.
4. Bake in oven at 300 Fahrenheit for 15-20 minutes.

**Alterations:**

None

**Notes:**

# Greek Salad

Yields 4-6 servings

## Ingredients:

### Salad:

- 2 cups assorted lettuce, chopped or torn
- 4 tomatoes, wedged or sliced
- 1 cucumber, seeded and sliced
- 1 bell pepper, seeded and sliced
- 1 small onion, sliced
- ½ cup pitted black olives (preferably brine-cured), coarsely chopped
- ¾ cup crumbled feta cheese

### Dressing:

- 6 Tbsp olive oil
- 1 tsp red wine vinegar
- ½ tsp fresh chopped garlic
- ½ tsp oregano
- ½ tsp dill weed
- ¼ cup parsley, chopped
- Salt and freshly ground black pepper
- 2 Tbsp fresh lemon juice

## Directions:

1. Combine the lettuce, tomatoes, cucumber, onion, bell pepper, olives in a bowl.
2. In the small bowl, whisk together oil, vinegar, herbs, spices, and the lemon juice.
3. Drizzle dressing over the salad.
4. Sprinkle cheese over and serve.

## Alterations:

Instead of making your own dressing, you can use pre-made Greek or Italian dressings.

## Notes:

# Pumpkin & Mozzarella Bruchetta

C ■■■■ □ U  
Stove  
Oven

## Ingredients:

1 Baguette (pumpkin if possible)  
300g Pumpkin (pulp, coarsely grated)  
100g Zucchini (grated)  
2 Tbsp Olive Oil  
1 clove Garlic  
200g Mozzarella  
5 Basil Leaves (finely ground)  
Salt and Pepper (to taste)

## Directions:

1. Brown the pumpkin and zucchini in pan with olive oil, along with the garlic, season with the basil, pepper and salt.
2. Toast the pieces of baguette.
3. Distribute the pumpkin/zucchini mix over the slices of toast.
4. Cover with sliced mozzarella & broil the bruchetta in the oven for 5 to 10 minutes.

## Alterations:

None

## Notes:

# Tabouleh

Makes about 8 cups, 12 to 16 servings.

## Ingredients:

- 2 cups Cracked Wheat (bulgur)
- 2 cups Very Hot Water (or as directed)
- 1 Cucumber (chopped)
- 2 Tomatoes (small, chopped)
- 1 bunch Green Onions (sliced)
- ½ cup Mint (fresh, chopped)
- 2 cup Parsley (fresh, chopped)
- 1 clove Garlic (minced)

## Dressing:

- ½ cup Lemon Juice (fresh)
- ¾ cup Olive Oil
- 1 Tbsp Pepper
- 2 tsp Salt (or to taste)

## Directions:

1. Soak the cracked wheat in the hot water until the water is absorbed, about 30 minutes (or as directed).
2. Drain any excess water, if necessary, and squeeze dry.
3. Combine the salad ingredients, including wheat, in a medium bowl.
4. Mix the dressing ingredients together and stir into the salad mixture.
5. Serve chilled or at room temperature.

## Alterations:

None

## Notes:

What can I say? It's soup!

Soup used to be a common staple, for the lower-middle class. Ever hear the rhyme “peas porridge hot”? Soup would be made, some consumed, added to, reheated and consumed over again for several days. But this selection wouldn't stay in the pot for long. Turn the page for:

# Soups

# Autumn Soup

C ■■■□□ U

Blender  
Oven

## Ingredients:

1 Medium Squash  
3 Potatoes  
4 Carrots  
1 Small Onion  
1 Chicken bullion cube  
1 cup Water  
2 cups Milk  
Salt & Pepper

## Directions:

1. Peel and chop squash, potatoes, carrots, and onion, add to oven-safe pot
2. Add bullion and enough water to avoid burning (1 cup), place pot in oven (350F) to bake until veggies are soft
3. If there is too much stock, don't be scared to pour some down the drain
4. Puree (I use electric beaters) while adding the milk
5. Add the salt and pepper

## Alterations:

You can cook the veggies on the stove instead of baking them, just pay more attention to avoid burning. You can also use pumpkin (instead of squash).

## Notes:

# Fish Soup

## Ingredients:

4-5 Potatoes  
1 Onion  
2 Tbsp Olive oil  
1 L (4 cups) Water  
1 Tbsp Fish bouillon  
1 sprig Thyme or basil  
2 Garlic cloves, minced  
8-10 Sun-dried tomatoes (if dry, prepare as indicated on packaging - if in oil, drain 1st)  
2 Carrots  
1 tsp Lemon juice  
1 lb White fish (or ½ lb. white fish and ½ lb. shrimp, lobster and/or scallops)  
Optional: broccoli, cauliflower, celery, chives, parsley

## Directions:

1. Dice the potatoes and onion and lightly fry in the oil (use a deep saucepan or soup pot).
2. Add the water, fish bouillon, thyme, garlic and sliced sun-dried tomatoes, and cook for approximately 10 minutes.
3. Julienne the carrots and add to the soup.
4. If you are using broccoli or cauliflower, slice broccoli stalks and cut cauliflower into small florets and add with the carrots. Cook for approx. 5 minutes.
5. If using, julienne the celery and cut broccoli heads into florets and add.
6. Adjust the taste with salt and pepper and cook for another 3-4 minutes.
7. Cut the fish into strips. Add fish and shellfish (if using) and cook until done - approx 5-7 minutes, depending on size and thickness. (If you are using scallops, let them cook for a maximum of 2 minutes only, as they will become as tough as old chewing gum if overcooked.)
8. Add lemon juice. Pour into soup bowls and garnish with finely cut chives or small sprigs of parsley.

## Alterations:

None.

## Notes:

# Ham and Lentil Soup

C ■■■□□□ U  
Crock Pot

**Ingredients:**

2 cups Lentils  
½ lb Ham, diced  
1 Onion, chopped  
1 Bay leaf  
2 ribs Celery, chopped  
1 clove Garlic, minced  
Salt and Pepper, to taste

**Directions:**

1. Combine all ingredients with 2 quarts water in the Crock Pot.
2. Cook on low, covered, 8 to 10 hours.
3. Adjust seasonings and serve.

**Alterations:**

For more flavour, boil down a soup bone and use the broth when filling the crock pot.

**Notes:**



# Newfoundland Cod Chowder

C ■■■□□□ U  
Stove

Serves approximately 8

## Ingredients:

- 4 Slices Bacon
- 2 Onions (sliced)
- 1 tsp. Savoury
- 6 Potatoes (peeled and cubed)
- 3 Carrots (sliced)
- 4 cup Water
- 1 tsp. Salt
- 1 ½ lbs. Cod Fillets (fresh Atlantic if possible)
- 1 can Evaporated Milk
- White Pepper (to taste)
- 2 tbsp. Parsley or Chives (fresh, chopped)

## Directions:

1. In a large, heavy saucepan, cook bacon over medium high heat for about 10 minutes or until crisp. Chop coarsely and set aside.
2. Drain off all but 1 tbsp. fat from saucepan. Add onions and savoury. Cook, stirring occasionally, for 5 minutes or until softened.
3. Add potatoes, carrots, water and salt. Bring to boil, cover, reduce heat and simmer for about 20 minutes or until tender.
4. Cut cod into 1-inch chunks. Add to vegetables; simmer for about 5 minutes or until fish flakes easily.
5. Add milk and pepper, heat through. Garnish with bacon and parsley.

## Alterations:

None

## Notes:

# Potato – Leek Soup

C ■■■□□ U  
Stove  
Blender

## Ingredients:

3 Potatoes (fist-sized)  
3 cups Leeks (cleaned, chopped)  
1 stalk Celery (chopped)  
1 large Carrot (chopped)  
4 Tbsp Butter  
 $\frac{3}{4}$  tsp salt  
 $\frac{1}{2}$  cup Stock or Water  
3 cups Milk  
Snippets of fresh herbs - Thyme, Marjoram, Basil (optional)  
Freshly ground black pepper

## Directions:

1. Scrub the potatoes, and cut them into 1-inch chunks.
2. Place them in a saucepan with the leeks, celery, carrot and butter. Add salt.
3. Cook the vegetables, stirring over medium heat, until the butter is melted and all the particles are coated (5 minutes)
4. Add the stock or water, bring to a boil, then cover, and reduce heat to a simmer
5. Cook until the potatoes are soft (20-30 min). Check the moisture level occasionally
6. You may need to add a little extra stock or water, if it gets too low.
7. When the potatoes are tender, remove the pan from the heat, and puree its contents in the milk (use a blender, or a food processor fitted with the steel blade). Make sure the mixture is utterly smooth. Return it to the saucepan.
8. Add optional herbs (or not). Grind in some black pepper. Taste it to see if it wants more salt.
9. Heat the soup gently, covered until just hot. Try not to let it boil. Serve right away.

## Alterations:

None

## Notes:

# Ratatouille

Serves 12

## Ingredients:

3 ½ lbs. Tomatoes  
 1 ½ lbs. Eggplant  
 1 lb. Zucchini  
 3 Bell Peppers  
 2 lbs. Onions  
 6 cloves Garlic  
 Herbes de Provence (Basil, Thyme, Parsley)  
 Olive Oil  
 Salt  
 Pepper  
 140g Tomato Paste (optional if tomatoes aren't yummy)

## Directions:

1. Peel and drain the tomatoes (don't mind the seeds): cut out the stem cores; drop the whole tomatoes into boiling water for 2 minutes. Remove into a colander. The skin should split for easy removal; otherwise, make an X cut in the top, then peel off the skin.
2. Chop the onion and garlic. Clean the bell pepper, cut into small strips.
3. In a large cooking pot with thick bottom, put in olive oil, onions and chopped garlic. Add in the bell pepper. Cover to keep in the moisture. Cook for 20 minutes, stirring frequently, and add olive oil as necessary to prevent burning.
4. Add the tomatoes and Herbes de Provence. If you don't have good garden tomatoes with flavour, add a small can of tomato paste. Stir well and cook for another 15 minutes.
5. Cut the eggplant into disks. Cut zucchini into disks.
6. Add the eggplant and zucchini to the pot.
7. Cook for about 30 minutes.

## Alterations:

None

## Notes:

# Roasted Garlic Soup

C ■■■□□□ U  
Oven & Stove  
Blender

## Ingredients:

4 Bulbs of Garlic  
¼ cup Olive Oil  
6 Tbsp Butter  
1 cup Leeks - chopped (diced ¼")  
1 Medium Onion  
6 Tbsp Flour (all purpose)  
4 cups Chicken stock  
1 cup Whipping cream  
Juice from 1 Lemon  
2 Tbsp Chives (cut)  
Salt & White Pepper - to taste

## Directions:

1. Chop 1/4 inch off top garlic - brush with Olive oil - bake 45-60 minutes at 350F - remove from oven and cool - squeeze garlic from cooked cloves
2. Melt butter and add leek and onion about 8 minutes, add garlic and mix, then add flour. Cook 5 minutes and add hot chicken stock
3. Puree soup (can hold in fridge if not used right away)
4. When ready to dine heat soup and add cream. Then season the flavour to your taste (lemon juice, chives, salt, pepper).

## Alterations:

None

## Notes:

# Vegan Hot and Sour Soup

C ■■■■■ U  
Stove

## Ingredients:

1 oz Dried wood ear mushrooms  
 4 dried Shiitake mushrooms  
 12 dried Tiger lily buds  
 2 cups Hot water  
 1/3 oz bamboo fungus  
 3 Tbsp soy sauce  
 5 Tbsp rice vinegar  
 1/4 cup Cornstarch  
 1 (8 oz) Container firm tofu, cut into 1/4 inch strips  
 1 quart Vegetable broth  
 1/4 tsp crushed red pepper flakes  
 1/2 tsp ground black pepper  
 3/4 tsp ground white pepper  
 1/2 Tbsp chili oil  
 1/2 Tbsp sesame oil  
 1 green Onion, sliced  
 1 cup Chinese dried mushrooms

## Directions:

1. In a small bowl, place wood mushrooms, shiitake mushrooms, and lily buds in 1 1/2 cups hot water. Soak 20 minutes, until rehydrated. Drain, reserving liquid. Trim stems from the mushrooms, and cut into thin strips. Cut the lily buds in half.
2. In a separate small bowl, soak bamboo fungus in 1/4 cup lightly salted hot water. Soak about 20 minutes, until rehydrated. Drain, and mince.
3. In a third small bowl, blend soy sauce, rice vinegar, and 1 tablespoon cornstarch. Place 1/2 the tofu strips into the mixture.
4. In a medium saucepan, mix the reserved mushroom and lily bud liquid with the vegetable broth. Bring to a boil, and stir in the wood mushrooms, shiitake mushrooms, and lily buds. Reduce heat, and simmer 3 to 5 minutes. Season with red pepper, black pepper, and white pepper.
5. In a small bowl, mix remaining cornstarch and remaining water. Stir into the broth mixture until thickened.
6. Mix soy sauce mixture and remaining tofu strips into the saucepan. Return to boil, and stir in the bamboo fungus, chili oil, and sesame oil. Garnish with green onion to serve.

## Notes:

The curse of convenience food: It's costly, and you have little idea of what really goes into it.  
This section gives you the ability of avoiding another convenience product:

# Scratch

Scratch

# Baba Ghanouj

C ■■■□□ U  
Oven  
Blender

Makes 3-4 cups.

## Ingredients:

3 Eggplant (large)  
¾ cup Tahini (sesame seed paste)  
½ cup Lemon Juice  
2 tsp Garlic (minced or pressed)  
1 tsp Cumin  
Pinch of Cayenne  
1 tsp salt

## Directions:

1. Cut the eggplants in half lengthwise and place skin side down on a baking sheet.
2. Bake the whole eggplants in a 350F oven for about 1 hour or until the meat is tender.
3. Cool for about 10 minutes, then peel, or cut the eggplants lengthwise and scoop out the meat.
4. Squeeze the cooked eggplant meat to release excess liquid.
5. Puree the eggplant and all other ingredients in a blender or food processor.
6. Transfer to a serving dish and garnish, if desired. Serve with pita bread wedges, radishes and green onions.

## Alterations:

None

## Notes:

# Flour Tortillas

Makes 12 tortillas

## Ingredients:

3 cups unbleached flour  
2 tsp baking powder  
1 tsp salt  
4-6 Tbsp vegetable shortening or lard  
About 1 ¼ cups warm water

## Directions:

1. Mix dry ingredients in a large bowl.
2. Add vegetable shortening or lard. Or use a combination of half lard, half shortening. Use a fork or a pastry cutter to cut in the shortening or just do it the old fashioned way and use your hands.
3. Next add warm water a little at a time until your dough is soft and not sticky. You do not need very hot water.
4. Knead the dough for a few minutes.
5. Now you will pull off pieces of dough to form about 12 small dough balls. Let them rest for at least 10 minutes, longer if you like.
6. This is a good time to heat up the comal. You will want to set it at medium to high heat. If it is too hot the tortillas will cook too fast.
7. Now you can roll out the dough with your tortilla rolling pin or palote. It is a good idea to dust each ball with a little flour just before you roll them out. Lay the palote in the centre of the dough ball and roll up, centre and roll down. It is good to lift the dough and turn it. Again, rolling pin in the centre and roll. Roll them out fairly thin.
8. Lay your tortilla on the hot comal. It takes just a few seconds to cook. Flip to the other side. When they are done it should have lots of nice brown speckles. Place them in a towel. If you would like you can use a tortilla warmer to keep them warm longer. They are ready to be served!
9. It is well worth the effort to make homemade tortillas! Enjoy!

## Alterations:

None

## Notes:



Scratch

# Hummus

C ■■■□□ U

Blender  
Stove

## Ingredients:

2 cloves Garlic (roughly chopped)  
¼ cup Lemon Juice (juice of 1 lemon)  
¼ cup Olive Oil  
14 oz can Chickpeas (rinsed and drained)  
½ cup Tahini  
1 tsp Salt  
½ tsp Cumin Powder

## Directions:

1. Place all ingredients in a food processor and blend until smooth.
2. Scrape the sides. You may need to add a bit of water to make it the right consistency.

## Alterations:

Peanut butter can be used instead of Tahini.  
For spicier hummus, add cayenne pepper or a chili pepper.

## Notes:

# Pie Pastry

## Ingredients:

- 1 ½ cups Flour (preferably pastry flour)
- Pinch of Salt
- ¾ cup Butter (cold), Lard, Margarine (old style), or Shortening
- 5 Tbsp (75mL) Ice Water (or a bit more)

## Directions:

1. Put first three ingredients in food processor and mix until there are pea-sized chunks of fat and flour.
2. Add water gradually and continue to mix with food processor or can use pastry cutter or fork until right consistency. Do not overmix (especially if not using pastry flour) or pastry will be tough.
3. Roll out into pie plate.

## Alterations:

As long as surfaces are able to stay cool, a food processor is not necessary. A pastry cutter can break up the fat without heating up the flour (although this isn't much of a problem when using pastry flour).

As for which fat to use, lard or shortening is preferable for desserts, and butter for dinner dishes like a quiche. Sometimes however, butter may be too rich in flavour, and margarine (like Blue Bonnet or Parkay - the new types cannot be used any more than a spread) seems to be a fair neutral ground.

## Notes:

# Salad Dressings

**Ingredients (Raspberry Vinaigrette):**

1/4 cup White Vinegar  
1/2 cup Raspberries (pureed)  
1 1/2 Tbsp. Olive Oil  
1/4 tsp. Salt

**Ingredients (Oriental Dressing):**

2 Tbsp. Sesame Seed Oil  
2 Tbsp. Red Wine Vinegar  
1 Tbsp. Sugar

**Directions:**

In both cases, whisk all ingredients together.

**Alterations:**

Many, but none to express here.

**Notes:**

Sounds pretty generic right? Well, I have this split up into three sections.  
This section here are meals that include neither pasta nor rice.  
Nonetheless, there is still a lot of variety:

# Dinner

# Baked Beans

## Ingredients:

- 1 lb Jacob Cattle or Yellow Eyed Beans
- 2 tsp Mustard Powder
- 2 - 3 Onions (chopped)
- 1/4 cup Brown Sugar
- 1/4 cup Molasses
- 1 - 2 Tbsp Ketchup
- 1/4 lb Salt Pork (i.e. ham trimmings)

## Directions:

1. Cover beans with water and soak overnight. When ready to cook, drain original water.
2. Cover beans with fresh water, then boil, covered for about half an hour until beans are almost as tender as when completely prepared - add water if needed, replace water a few times if desired.
3. Drain again, add 2 cups water (fresh) with beans and mix in mustard, pepper, salt, brown sugar, molasses, ketchup and onions.
4. Heat oven to 300F. Transfer bean mixture to covered dish (i.e. bean pot) with salt pork on bottom. Bake for 4 - 6 hours.

## Alterations:

Other recipes call for twice as much brown sugar and molasses, and using 2 tsp vinegar instead of the ketchup, or substituting a portion of brown sugar with honey. Also, other recipes leave onions above the beans while baking and not mixed in. Finally, a slow cooker placed on high can be used to bake the beans (no change in the time).

## Notes:

# Chili Con Carne

Makes 4 servings

## Ingredients:

- 1 lb (500g) Lean ground beef
- 1 Large onion, Chopped
- 1 Large green pepper, chopped
- 1 Clove garlic, finely chopped
- 1 Can (14oz/400mL) Kidney beans, drained
- 1 can (19oz/540mL) Tomatoes
- 1 can (10oz/284) Tomato soup
- 2/3 cup (150mL) Water
- 1 - 2 tsp (5-10mL) Chili powder
- ½ tsp (2mL) Oregano
- 1 tsp (5mL) salt

## Directions:

1. Turn stove to medium heat. Cook and stir beef in medium saucepan until brown. Drain off fat.
2. Add onions, beans, soup, water, chili powder, garlic, tomatoes, oregano, green pepper and salt. Heat to boiling.
3. Turn heat to low. Simmer, uncovered, for 35-40 minutes. Stir chili several times while it cooks.

## Alterations:

None

## Notes:

# Exotic Ginger Cumin Chicken

C ■■■□□ U  
Stove

Makes 8 servings

## Ingredients:

- 1 Tbsp Vegetable oil, divided
- 2 lbs Boneless skinless chicken, bite size
- 2 tsp Minced garlic
- ½ cup Onion, Chopped
- 1 Tbsp finely chopped ginger root
- ½ tsp Cayenne pepper
- 1 tsp Turmeric and Cumin
- ½ cup Chicken stock
- 1 (19oz) can Stewed tomatoes
- 2 Tbsp Tomato paste
- 1 tsp sugar
- ¾ cup Low fat plain yogurt

## Directions:

1. In large saucepan heat 2 tsp oil over medium heat. Add half of the chicken and cook 3 minutes until brown. Remove from pan and set aside. Repeat with remaining chicken.
2. Add remaining oil to pan; add garlic, onion, and ginger. Reduce heat to medium and cook, stirring constantly for 5 minutes or until soft. Stir in cayenne, cumin, and turmeric; sauté for 1 minute.
3. Stir in stock, tomatoes, tomato paste, and sugar; return chicken to pan. Bring to boil; reduce heat and simmer 5 minutes.
4. Stir in yogurt and simmer 2 minutes.

## Alterations:

None

## Notes:

# Fajitas

## Ingredients:

¼ cup lime juice  
 3 Tbsp olive oil or vegetable oil - divided  
 4 cloves garlic - crushed  
 3 tsp soy sauce - divided  
 1 tsp salt  
 ½ tsp liquid smoke  
 ½ tsp cayenne pepper  
 ¼ tsp black pepper  
 1 lb. boned, skinned chicken breasts OR skirt steak  
 2 Tbsp water  
 ½ tsp lime juice  
 1 dash salt  
 1 dash black pepper  
 1 large Spanish onion - sliced thin  
 ½ each medium green, red, and yellow bell pepper - seeded, sliced thin

## Directions:

1. Combine ¼ cup lime juice, 2 Tbsp oil, garlic, 2 tsp soy sauce, 1 tsp salt, liquid smoke, cayenne pepper, and ¼ tsp black pepper in a sealable plastic container, add chicken/steak to container, cover, and refrigerate for at least 2 hours, or overnight.
2. Combine water, 1 tsp soy sauce, ½ tsp lime juice, and a dash of salt and pepper; set aside.
3. Grill meat over a medium-high flame for 4-5 minutes per side, or until cooked through.
4. Cut meat into thin strips; set aside and keep warm.
5. In a large skillet over medium-high heat, cook onion and peppers in remaining 1 Tbsp oil until brown; remove from heat; pour reserved liquid mixture over onions and peppers.
6. Toss together meat, onions, and peppers.
7. Can serve with warm tortillas, pico de gallo, cheese, sour cream, and guacamole.

## Notes:



# Falafels

C ■■■■ □ U  
Food Processor  
Stove

## Ingredients:

- 1 cup Chickpeas (dried)
- 1 cup Chopped Onion (roughly one medium onion)
- 2 Tbsp. Parsley (fresh, finely chopped)
- 2 Tbsp. Cilantro (fresh, finely chopped)
- 1 tsp. Salt
- ½ to 1 tsp. Hot Red Pepper (dried)
- 4 Cloves of Garlic
- 1 tsp Cumin
- 1 tsp Baking Powder
- 4 to 6 Tbsp Flour
- Soybean or Vegetable oil for frying

## Directions:

1. Put the chickpeas in a large bowl and add enough cold water to cover them by at least 2 inches.
2. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor fitted with a steel blade. Add the parsley, cilantro, salt, hot pepper, garlic and cumin. Process until blended but not pureed.
3. Sprinkle in the baking powder and the flour, and pulse. You may want to add enough bulgur or flour so that the dough forms a small ball and no longer sticks to your hands. Turn into a bowl and refrigerate, covered, for several hours.
4. Form the chickpea mixture into balls about the size of walnuts.
5. Heat three inches of oil to 375 degrees in a deep pot or wok add fry one ball to test. If it falls apart, add a little flour. Then fry about 6 balls at once for a few minutes on each side, or until golden brown. Drain on paper towels.
6. Stuff half a pita with falafel balls and garnish with chopped tomato, diced onion, bell pepper and hummus.

## Alterations:

Instead of dried chickpeas, use canned, drained. Also, Egyptians omit the cilantro and substitute fava beans for the chickpeas. Finally, I find flattening the balls and using a lot less oil (about ½ an inch) hold together a lot better.

## Notes:

# French Canadian Pork Pie

C ■■■□□ U  
Stove  
Oven

## Ingredients:

- 1 lb Pork Blade (ground)
- 3 to 4 Potatoes (boiled)
- Dash of Pepper
- 1 tsp Bell's Seasoning
- 1 Onion (chopped)
- 2 Pie crusts for 9 inch plate (see Pie Pastry under Scratch)

## Directions:

1. Fry pork with the onion until a golden colour.
2. Add the seasonings.
3. Mash the potatoes and add to the pork mixture.
4. Put this into the pie shell and add the top crust. Bake at 350F for 1 hour.

## Alterations:

Can use ground beef instead of ground pork.

## Notes:

# Herb-Crusted Chicken Le Cordon Bleu

C ■■■■□ U  
Stove

## Ingredients:

4 Large Chicken Breast Halves (boneless, skinless - about 1 ½ pounds)  
Salt  
Black Pepper (freshly ground)  
4 slices Black Forest Ham (thin 4x2 inch)  
4 slices Gruyere Cheese (4x2 inch)  
½ cup Parsley (fresh, finely chopped)  
1/4 cup Rosemary (fresh, finely chopped)  
1/4 cup Sage (fresh, finely chopped)  
2 Tbsp. Olive Oil

## Directions:

1. Place each breast half between 2 pieces of plastic wrap and slowly pound thin (without tearing the meat) until is about 1/4" thick.
2. Lay out the pieces with the short ends facing you and season lightly with salt and pepper. For each piece of chicken, lay a slice of ham and cheese on the bottom half of the breast. Fold a little bit of chicken inward then fold the top over to enclose completely. Seal with toothpicks.
3. Mix the parsley, rosemary and sage together on a plate. Coat the breast packages in the herb mixture, pressing to adhere as many herbs as possible.
4. Heat oil in a large skillet over medium-high heat until hot. Season the breasts with salt and pepper, then carefully lower the chicken into the pan. Lower the heat to medium, and cook uncovered until the underside is deep brown, 5 to 6 minutes. Turn the chicken over and cook for the same time.
5. Pierce the chicken to see if is done (no sign of pink and the cheese is melted). If so, transfer to a warm platter, to let cool for a few minutes, then cut each breast in 3 to 5 pieces (diagonally) to reveal the filling.

## Alterations:

None

## Notes:

# Mexican Meat Loaf

C ■■■□□□ U  
Oven

**Ingredients:**

1 lb Lean Ground Beef  
1 cup Black Beans (canned - rinsed & drained)  
1 cup Salsa (divided)  
½ cup Corn (frozen)  
½ cup Bread Crumbs  
Cooking Spray

**Directions:**

1. In bowl, place all ingredients except spray and using 3/4 cup of the salsa - mix well.
2. Spray a loaf pan (approx. 5"x9"), and add above mix.
3. Bake for 50 to 60 minutes - sit 15 minutes.
4. Top with last 1/4 cup of salsa.

**Alterations:**

None

**Notes:**

# Oven Fried Cajun Chicken

C ■■■□□ U  
Oven

## Ingredients:

1 Frying Chicken (or 6 breasts or 6 leg thigh quarters)  
1 cup Flour  
1/4 tsp. Black pepper  
Garlic powder  
1/2 tsp. Creole seasoning  
1/2 tsp. Paprika  
Pinch of Cayenne pepper  
1/2 cup Butter

## Directions:

1. Preheat oven to 425F.
2. Pat chicken dry with a clean paper towel and sprinkle with garlic powder.
3. In a Ziploc bag, combine the flour, black pepper, cayenne pepper, paprika and Creole seasoning. Close bag and mix well.
4. Shake chicken in the bag with flour and seasonings. Line a 9x13 inch glass baking dish with foil. Add butter and place in oven until it sizzles.
5. Place chicken in dish, skin side down. Bake 30 minutes, turn chicken, reduce heat to 325F, and bake 35 to 45 minutes longer or until chicken is cooked through (this depends upon the weight of the chicken). It will be a beautiful golden brown and very tender when done.

## Alterations:

None

## Notes:

# Pizza Alla Pumpkin

C ■■■□□ U  
Stove  
Oven

## Ingredients:

500g Pizza Dough  
500mL Tomato Sauce  
400g Mozzarella  
1 Tbsp. Basil  
1 Tbsp. Oregano (minced)  
2 Tbsp. Pumpkin Seed Oil  
20g Pumpkin Seeds  
500g Pumpkin Pulp (chopped and cubed)  
2 Tbsp Olive Oil  
Salt  
Pepper

## Directions:

1. Lightly fry pumpkin cubes in olive oil, mix with salt, pepper, oregano & basil.
2. Roll out the dough. Pour the tomato sauce over, then add the pumpkin cubes, pumpkin seeds, and mozzarella.
3. Drip the pumpkin seed oil over the pizza.
4. Cook at 400F for 15 minutes.

## Alterations:

None

## Notes:

# Sauteed Kale

**Ingredients:**

2 bunches kale (2 ½ lbs)  
3 Tbsp olive oil  
4 cloves garlic, finely chopped  
½ tsp salt  
½ tsp freshly ground pepper  
1 tsp fresh lemon juice

**Directions:**

1. Rinse kale well in a large bowl of cold water. Drain and cut off the tough stems. Cut leaves into ¼-inch strips. There will be 6 to 8 tightly packed cups.
2. In a well-seasoned wok or large frying pan, heat the olive oil over moderately high heat. Add the garlic and cook, stirring, 30 seconds. Add half of the greens and cook stirring, for about 1 minute, until they begin to wilt. Add the remaining greens and cook, stirring constantly, for 8 to 10 minutes, the greens darken slightly and are fairly tender.
3. Season with the salt, pepper, and lemon juice.

**Alterations:**

None

**Notes:**

# Smoked Salmon Quiche

C ■■■■ □ U  
Stove  
Oven  
Food Processor

## Ingredients:

1 ¾ cups (250 g) Flour  
1 cup (250 g) + 2½ Tbsp Butter  
Up to 1/3 cup (100 mL) Water  
½ cup Finely chopped onion  
14 ounces (400 g) Chopped smoked salmon  
2 tsp Chopped fresh chives  
1 clove Garlic, chopped  
2 tsp Chopped fresh basil  
5 Eggs  
1 cup (250 mL) Milk  
1 cup (250 mL) Whipping cream  
Pepper

## Directions:

1. Combine all pastry ingredients in a food processor (mix flour and butter, then add water gradually while mixing).
2. Gather into a ball, cover with plastic wrap and chill 1 hour.
3. Saute onion until shiny in the butter.
4. Stir in salmon, chives, garlic, and basil. Cool.
5. Preheat the oven to 400F.
6. Roll out the dough to fit a 10" tart pan. Prick with a fork.
7. Arrange the salmon mixture in the pre-baked tart shell.
8. Whisk eggs with milk and cream, season with pepper and pour in the tart shell.
9. Bake about 30 minutes at 325F, until puffed and golden.

## Alterations:

None

## Notes:



# Vegetarian Wontons

C ■■■■□ U  
Deep Fryer

Makes about 45 - 50 wontons

## Ingredients:

- ½ cup Firm tofu, mashed
- 1 Green onion, diced
- 4 Water chestnuts, chopped
- 2 Tbsp Carrot, shredded
- 1 Bok choy leaf, shredded
- 1 Egg, lightly beaten
- ¼ tsp Salt
- Pinch of pepper
- 1 Tbsp Soy sauce
- 1 tsp Granulated sugar
- 2 tsp Ginger, minced
- 1 tsp Sesame oil
- 45 Wonton wrappers, or as needed
- 3 to 4 cups Oil for deep-frying, as needed
- Hoisin sauce or soy sauce for dipping, as needed

## Directions:

1. Drain and mash the tofu.
2. Wash and prepare all the vegetables.
3. Lightly beat the egg with the salt and pepper.
4. Combine the mashed tofu and vegetables with the egg and seasonings.
5. Heat the oil for deep-frying while you are wrapping the wontons. The oil should be heated to between 360 and 375 degrees Fahrenheit.
6. To fill the wontons, lay a wrapper in front of you so that it forms a diamond shape. Wet all the edges of the wrapper with water. Place a teaspoon of filling in the middle. Bring the top half of the wrapper over the filling and seal the edges.
7. Deep-fry the wontons until they are golden and crispy, flipping halfway through (about 2 minutes). Serve with hoisin sauce or soy sauce.

## Alterations:

None

## Notes:

Second part of dinner.  
Whoever thought of mixing flour and some egg was a freaking genius.  
I find it fit to make it an entire category.  
So here they are:

# **Dinner on Pasta**

# Chicken Cacciatore

C ■■■□□□ U  
Stove

## Ingredients:

- 1 lb (500 g) Boneless skinless chicken breasts
- 2 Tbsp (25 mL) Vegetable oil
- 4 cups (1 L) Rotini pasta
- 1 Jar (700 mL) tomato-basil pasta sauce
- ½ tsp (2 mL) Dried Italian herb seasoning
- ¼ tsp (1 mL) Salt
- Pinch Pepper
- 1 Can (10 oz/284 mL) sliced mushrooms, drained and rinsed

## Directions:

1. Cut chicken into 1-inch (2.5 cm) cubes. In large saucepan, heat oil over medium-high heat; brown chicken all over
2. Add pasta, pasta sauce, 3 cups (750 mL) water, herb seasoning, salt and pepper; cover and bring to boil. Reduce heat and simmer for 15 minutes or until pasta is tender but firm. Add mushrooms; cook for 5 minutes or until hot.

## Alterations:

None

## Notes:

# Creamy Bacon Carbonara

C ■■■□□□ U  
Stove

## Ingredients:

2 Eggs  
¼ cup Cream  
1/3 cup Parmesan  
1/6 cup Fresh Parsley  
¼ tsp Salt  
½ tsp Red pepper flakes (cayenne pepper)  
½ lb Bacon  
1 small-medium Onion, chopped  
3 Mushrooms, sliced  
½ lb Pasta

## Directions:

1. Beat eggs, cream, parmesan, parsley, salt and red pepper, set aside
2. Fry the bacon, crumble, set aside
3. With 1 - 2 Tbsp bacon grease, saute onion and mushrooms, return bacon to skillet
4. Quickly strain the pasta and return to the pot with the egg mixture on medium heat. Cover, stirring regularly until the egg mixture is almost cooked.
5. Add the contents of the skillet, stir once more.

## Alterations:

None

## Notes:

# Egyptian Lentils

C ■■■□□□ U  
Stove

## Ingredients:

- 1 cup Lentils
- 1 cup Elbow Macaroni
- 2 Fresh Chili or Bell Peppers
- 2 Tbsp Lime Juice
- 1 ½ cup Regular Rice
- 3 Tbsp Oil
- 2 Tomatoes (chopped)
- 1 Large Onion (diced)

## Directions:

1. Place lentils in a saucepan and cover by 1" more of water. Turn heat to high bring to a boil, turn down heat to simmer, and cook covered for 35 minutes or until tender. Drain and transfer to a large bowl. Set aside.
2. Bring 3 cups of water to a boil, add rice. Turn down to simmer for 20 minutes and fluff up rice with a fork and add to lentils.
3. Boil 2 quarts of water, add elbow macaroni and cook until tender. Add to lentils.
4. In a small skillet add 1 Tbsp of oil and sauté chopped peppers finely for 2 minutes. Add the tomato, ½ cup of water, bring to a boil and simmer for 5 minutes. Add the lime juice. Fold this sauce into the lentils.
5. In another skillet heat 2 Tbsp oil, add onions and sauté until brown. Garnish lentil mixture with the browned onions.

## Alterations:

None

## Notes:

# Fettuccine Alfredo

C ■■■□□□ U  
Stove

## Ingredients:

- 3 Mild Italian Sausages (sliced and fried)
- 3 Tbsp Butter or Margarine
- 2 Tbsp All-Purpose Flour
- 1 cup Evaporated Milk
- ½ cup Chicken Broth
- 1 cup Parmesan cheese
- 1/8 tsp cayenne pepper
- 1 (9-oz) Package Fettuccine

## Directions:

1. Slice the sausages into pieces, and fry until browned in a skillet. Set aside.
2. Melt butter/margarine in medium saucepan; stir in flour. Gradually add evaporated milk and chicken broth. Cook, stirring constantly, until mixture comes to a boil and thickens. Stir in Parmesan cheese and cayenne pepper until cheese is melted.
3. To prepare pasta, boil water (adding a sprinkle of salt to make it boil faster, and a drop of oil so the pasta won't stick). Add the 2 (9-oz) packages of fettuccine pasta, and let boil until pasta is soft. Drain. Toss with Alfredo sauce and sausage. Season it with black pepper.

## Alterations:

Instead of evaporated milk and broth, you can use regular milk and dried chicken bullion.

## Notes:

# Penne Diana

Makes 4 Servings

## Ingredients:

- 1 lb Cooked chicken breast
- 1 Red Pepper (chopped)
- 3 Cloves Garlic (crushed)
- 2 Tbsp Olive oil
- 1 cup Whipping cream
- ¼ cup Parmesan cheese (or more to taste)

## Directions:

1. In saucepan fry the red peppers and garlic in the olive oil. Do not drain the oil.
2. Add the chicken, cream and parmesan to the saucepan under low heat, cook until thickened.
3. Serve on penne

## Alterations:

None

## Notes:

# Penne Pasta with Spinach & Bacon

C ■■■□□ U  
Stove

This is a quick light meal. Wilted spinach, bacon and tomatoes are tossed with penne pasta. Good for any season and will compliment anything.  
Makes 4 servings

## Ingredients:

- 1 (12 oz) package Penne Pasta
- 2 Tbsp Olive Oil (divided)
- 6 slices Bacon (chopped)
- 2 Tbsp Garlic (minced)
- 1 (14.5 oz) can Diced Tomatoes
- 1 bunch Fresh Spinach (rinsed and torn into bite-size pieces)

## Directions:

1. Bring a large pot of lightly salted water to a boil. Add the penne pasta, and cook until tender, 8 to 10 minutes.
2. Meanwhile, heat 1 tablespoon of olive oil in a skillet over medium heat. Place bacon in the skillet, and cook until browned and crisp. Add garlic, and cook for about 1 minute. Stir in the tomatoes, and cook until heated through.
3. Place the spinach into a colander, and drain the hot pasta over it so it is wilted. Transfer to a large serving bowl, and toss with the remaining olive oil, and the bacon and tomato mixture.

## Alterations:

None

## Notes:



# Presto! Pesto and Chicken

C ■■■□□ U  
Stove

## Ingredients:

2 Chicken breasts (skinless, boneless), cubed  
2 Cloves garlic, finely chopped  
1 Tbsp Butter  
1 tsp Brown sugar  
2-3 Tbsp Pesto  
Pepper  
2 servings of pasta (Angel Hair works well)  
Parmesan cheese (fresh if possible)

## Directions:

1. Melt butter in a medium frying pan, then add sugar, garlic, and finally chicken.
2. Cook over medium heat and add a sprinkle of pepper while you're at it.
3. When chicken is done (juice runs clear, not pink, when pierced with a fork) add pesto.
4. Combine with pasta, and sprinkle with parmesan cheese.

## Alterations:

None

## Notes:

# Sausage and Ravioli

C ■■■□□ U  
Stove

## Ingredients:

1 lb Italian sausage (cut into 1" pieces)  
26 oz Jar chunky spaghetti sauce  
½ cup Water  
¼ tsp Pepper  
24 oz Bag frozen Ravioli  
½ cup grated Parmesan cheese

## Directions:

1. In heavy skillet, slowly cook sausage, turning frequently
2. Drain if necessary
3. Add spaghetti sauce, water, pepper & ravioli
4. Bring mixture to a boil and cook for 5 - 8 minutes

## Alterations:

None

## Notes:

# Speedy Spaghetti with Meat Sauce

C ■■■□□ U  
Blender  
Stove

**Fat Trimmer:** In an older version, 1 lb (500 g) regular ground beef would have been browned in oil, and the fat would probably not have been drained off. But if you use a good nonstick pan and lean ground beef and place the meat in the pan before heating, there is no need for oil.  
4 servings

## Ingredients:

- ½ lb (250 g) Lean ground beef
- 1 Onion, finely chopped
- 1 Clove garlic, minced
- ¾ tsp (4 mL) Each - dried oregano and basil
- 1 Can (28 oz/796 ml) tomatoes
- ½ tsp (2 ml) Granulated sugar
- Pinch Each salt and pepper
- 12 oz (375g) Spaghetti

## Directions:

1. In large nonstick skillet over medium heat, cook beef, onion, garlic, oregano and basil, breaking up meat with back of spoon and stirring often, for about 8 minutes
2. or until meat is no longer pink and onion is softened. Skim off any fat.
3. Meanwhile, in food processor or blender, blend tomatoes with juices until almost smooth; add to skillet along with sugar. Simmer, uncovered and stirring often, for
4. about 20 minutes or until desired thickness. Add salt and pepper.
5. Meanwhile, in large pot of boiling salted water, cook spaghetti for 8 to 10 minutes or until tender but firm; drain. Serve topped with sauce

## Alterations:

None

## Notes:

# Tofu and Cashew Chow Mein

C ■■■■ □ U  
Wok

Serves 3

## Ingredients:

- 10 oz (300g) precooked thick wheat noodles\*
- 3 Tbsp Soy sauce
- 2 Tbsp Oyster sauce
- 2 tsp Sesame oil
- 2 Tbsp Water
- 2 Tbsp Peanut oil or other oil suitable for frying
- 6 oz (180g) Firm tofu - cut into cubes
- 1 Carrot, julienned
- 2 cups Small broccoli florets
- 2 Cloves garlic, minced
- 2 tsp Ginger, finely grated
- ½ cup Roasted cashew nuts

## Directions:

1. Loosen the precooked noodles by soaking in a bowl of hot water for 2-3 minutes, then drain and set aside.
2. Mix together the soy sauce, oyster sauce, sesame oil and water in a bowl.
3. Heat a wok or large frying pan over a high heat, add the oil and stir-fry the carrot and broccoli for 2 minutes.
4. Add the tofu and stir-fry for 4 minutes.
5. Add the garlic and ginger and stir-fry for a minute.
6. Stir through the noodles and then add the sauce mixture and cashews and mix until thoroughly combined and heated through.

## Alterations:

Flaked almonds can replace the cashews, or cook dried chow mein noodles instead of precooked.

## Notes:

\*Precooked thick wheat noodles are typically found in the refrigerated section of the supermarket.

# Tuna Casserole

C ■■■□□□ U

Stove  
Oven

## Ingredients:

- 1 Tbsp Butter or margarine
- ¼ cup Onion (finely chopped)
- 1 can (10oz) Cream of mushroom soup (undiluted)
- 2 cups Cooked noodles
- 1 can Flaked tuna
- ¾ cup Breadcrumbs

## Directions:

1. Melt the butter in a medium saucepan, add onions and cook over medium heat or 8-10 minutes, until onions are soft.
2. Stir in remaining ingredients, except for the breadcrumbs.
3. Transfer to a greased casserole dish and top with breadcrumbs.
4. Bake at 350F for 25-30 minutes, until bubbly.

## Alterations:

I sometimes sprinkle a little parmesan on just before the breadcrumbs.

## Notes:

# Veggie Lasagna

C ■■■■□ U

Stove  
Oven

This recipe can be completely assembled and baked up to 2 days ahead of time. Cover and store in the refrigerator. To reheat, bake, covered, for about 1 hour or until bubbling. One of the taste judges described it this way: “This lasagna is FANTASTIC! It’s creamy but not heavy. The broccoli adds a wonderful crunch, and the mushrooms and olives a great flavour”. 6 Servings.

## Ingredients:

- 1 Tbsp olive oil
- ½ large onion, chopped
- 3 cups sliced mushrooms
- 2 cloves roasted garlic, minced
- 3 cups broccoli florets, blanched
- ¼ cup sliced black olives
- 1 cup low-fat ricotta cheese
- ½ cup silken tofu
- 2 Tbsp packed soy protein powder
- ¼ tsp oregano
- ¼ tsp basil
- 1 (8 oz) package whole wheat lasagna noodles
- 3 cups tomato sauce
- 12 oz shredded soy mozzarella

## Directions:

1. Preheat oven to 350 F.
2. Heat olive oil in a nonstick skillet; add onion and cook until soft, about 5 minutes. Add mushrooms and garlic and cook until mushrooms are soft, about 3 minutes longer. Remove from heat and add broccoli and olives. Mix gently.
3. Combine ricotta cheese, tofu, soy protein powder, and herbs in a medium bowl until blended.
4. Bring 4 quarts water and ½ teaspoon olive oil to a boil. Add lasagna noodles and boil 12 minutes or until tender. Drain and rinse over warm water.
5. Moisten the bottom of a 9X9-inch pan with 2 tablespoons of the tomato sauce. Put down a single layer of noodles. Spread with one-third of the ricotta mix, one-third of the vegetables, 2/3 cup tomato sauce, and one-fourth of the mozzarella. Repeat twice.
6. Cover with remaining noodles, tomato sauce, and mozzarella. Bake in a preheated oven for 45 minutes or until bubbling.

## Alterations:

Many changes can be made here, for example hamburger or Italian sausage can be introduced, or can use bell pepper instead of broccoli. I have also used egg with the vegetables and left out the soy protein powder.

## Notes:

The 3<sup>rd</sup> and final part of dinner, featuring rice.  
I hear it is the oldest staple crop out there.  
Yet, it can be served with almost anything. So here we are:

# **Dinner on Rice**

# Baked Chicken with Curry Sauce

C ■■■□□ U  
Stove

This is a different and delicious way to serve baked or rotisserie chicken. It's a Dutch recipe. We never have left overs. The prep and cook time does not include the time to bake a chicken. I usually start with a fresh hot rotisserie chicken from the grocery store.  
4-6 servings

## Ingredients:

- 1 chicken, seasoned with salt and pepper and baked in oven  
(or use a cooked store rotisserie chicken)
- 1 onion
- 6 Tbsp butter
- 1 tsp curry powder
- ¼ cup flour
- 2 cups chicken stock (canned broth or bouillon is OK)
- ¼ cup half-and-half cream or milk

## Directions:

1. Slice and sauté onion in butter until lightly browned.
2. Add curry powder and flour and stir for a few minutes to absorb the butter and brown a bit.
3. Slowly add stock, stirring constantly to avoid lumps.
4. Simmer for approximately ten minutes or until thickened.
5. Meanwhile cut chicken into serving pieces and arrange on platter.
6. Add cream or milk to the sauce, stir and pour sauce over chicken.
7. Serve with rice.

## Alterations:

None

## Notes:



# Beef & Broccoli

C ■■■■□ U  
Stove

## Ingredients:

½ lb Beef (cut into strips)  
2 Tbsp Vegetable oil  
1 Tbsp minced ginger  
2 Cloves garlic, minced  
1 cup Sliced carrots  
Snow peas  
Bean sprouts  
1 cup Broccoli pieces  
½ cup Beef bouillon  
¼ tsp Salt  
¼ tsp pepper  
1 Tbsp Corn starch  
2 Tbsp Water  
1 Tbsp Soy sauce

## Directions:

1. Heat oil, add beef and stir-fry until meat is browned and push to sides of pan.
2. Add broccoli & carrots. Cover and steam vegetables until they are only slightly crunchy.
3. Remove vegetables to a bowl. Add bouillon, salt & pepper to meat.
4. Combine corn starch, water, and soy sauce. Add to meat to thicken sauce.
5. Add vegetables and heat. Serve over rice.

## Alterations:

None

## Notes:

# Chicken Fried Rice

C ■■■□□ U  
Stove

## Ingredients:

- 1 Chicken Breast (cut up small)
- ¼ cup Green Onion (chopped)
- 2 Tbsp Green Pepper (finely chopped)
- 2 Tbsp Oil
- 2 cup Rice (cooked in chicken bouillon)
- 2 Tbsp soy sauce

## Directions:

1. Fry chicken in oil until cooked.
2. Add onion and green pepper, stir until tender, about 3 minutes.
3. Stir in rice and soy sauce.
4. Cook over low heat, stirring frequently, 5-7 minutes

## Alterations:

None

## Notes:

# Curried Lentils

C ■■■□□ U  
Stove

## Ingredients:

- 1 cup Brown lentils (dried)
- 2 ½ cups Water
- 2 Bouillon cubes
- 2 tsp Salt (divided)
- ¼ cup Oil/Margarine
- 1 Large onion (chopped)
- 1 Clove garlic (minced)
- 1 - 2 tsp Curry powder
- 2 tsp lemon juice
- Parsley (chopped)

## Directions:

1. Place lentils, water, bouillon, and a teaspoon of salt in a saucepan, bring to a boil.
2. Simmer for 15-20 minutes until lentils are tender (don't overcook as they tend to get mushy)
3. While cooking lentils (close to finished), saute onion and garlic in oil.
4. Add remaining salt and curry powder, and fry briefly. Add to cooked lentils along with lemon juice and parsley.

## Alterations:

None

## Notes:

# Easy Chicken & Rice Casserole

C ■■■□□ U  
Stove  
Oven

Makes 4 Servings

## Ingredients:

- ½ cup Onion, Chopped
- ½ cup Celery, chopped
- 2 Tbsp Butter or margarine
- 2 cups Cooked-bite size chicken
- 1 ¾ cups Hot water
- 2/3 cup Long grain white rice
- 1 - 10 oz can Mushrooms with liquid
- 1 cup Frozen peas and carrots
- 1 tsp Dried thyme and rosemary

## Directions:

1. In large fry pan, cook onion and celery in butter until soft.
2. Stir in remaining ingredients.
3. Bake in covered 8-cup (2 L) baking dish in preheated oven for about 30 minutes or until rice is cooked.

## Alterations:

None

## Notes:

# Red Lentil Dahl

C ■■■■□ U  
Stove

## Ingredients:

3 Tbsp olive oil  
1 medium yellow onion  
1 Tbsp fresh ginger, grated  
4 garlic cloves, minced  
1 tsp sea salt  
1 cup dried red lentils  
4 - 5 cups water  
5 plum tomatoes, chopped  
juice of 1 lemon  
1 cup lightly packed chopped fresh cilantro  
dried red chili's or cayenne pepper, to taste  
¼ tsp ground cinnamon

## Spice Blend:

2 tsp mustard seeds  
1 tsp coriander seeds  
1 tsp cumin seeds  
6 whole cloves  
4 cardamom pods  
1 Tbsp turmeric

## Directions:

1. In a sauté pan over medium heat, toast the seeds for about 5 minutes. Stirring frequently. Be careful not to burn them. Remove from pan and let cool. Transfer to coffee grinder, along with the dried hot peppers and cinnamon, and grind to a powder.
2. Heat oil in a soup pot and sauté onions for 5 minutes.
3. Add garlic and ginger and sauté 5 more minutes.
4. Add spices and salt, sauté 5 minutes more.
5. Add 4 cups of water and stir. Add tomatoes and lentils. Bring to a boil then lower the heat a bit and simmer for 20 minutes.
6. Add the lemon juice and cilantro and more water if it's too thick. Simmer 10 more minutes, or until lentils are completely tender. This may take a while.

## Alterations:

Can use 1 - 2 Tbsp curry powder instead of the spice blend. Also, can use moong beans instead of red lentils.

## Notes:

# Spinach-Rice Casserole

C ■■■■ □ U  
Stove  
Oven

Makes 4-6 servings

## Ingredients:

- 4 cups Cooked brown rice
- 2 lbs Spinach (raw, chopped)
- 1 cup Onion (chopped)
- 2 cloves Garlic (minced)
- 3 Tbsp Butter
- 4 Eggs (beaten)
- 1 cup Milk
- 1 ½ cups Cheddar (grated)
- ¼ cup Parsley (chopped)
- 2 Tbsp Tamari
- ½ tsp Salt (or more, to taste)
- ¼ cup sunflower seeds
- A few dashes each - Nutmeg, cayenne, paprika

## Directions:

1. Saute onions and garlic with salt in butter. When onions are soft, add spinach. Cook 2 minutes.
2. Combine with all ingredients except sunflower seeds and paprika.
3. Spread into buttered casserole dish and sprinkle sunflower seeds and paprika on top.
4. Bake, covered, 35 minutes at 350F.

## Alterations:

None

## Notes:

# Sushi

C ■■■□□ U

Stove  
Fridge

## Ingredients:

1 cup Uncooked Rice (sushi rice or high quality medium grain white calrose rice)  
2 cups Water  
3 Tbsp Rice Vinegar  
3 Tbsp Sugar  
½ tsp Salt  
½ package Sushi Nori  
Soy Sauce & Wasabi

## Filling (any of):

½ Cucumber (peeled, seeded and sliced into strips)  
2 Tbsp of thin sliced red ginger in red brine liquid  
1 Egg (cooked to thin omelet style)  
Carrots, avocado, strawberries, scallions, celery, red or green peppers, etc.  
Boneless raw/canned tuna, salmon, shrimp, or (imitation) crab meat

## Directions:

1. Boil water in medium pot, add rice, reduce heat to low, cook for approximately 16 minutes (until water is absorbed)
2. Heat vinegar in a pot slowly adding sugar & stirring. Cool once all sugar is added.
3. Toss the rice with a rice paddle by spreading a thin layer in a wide shallow plastic or wooden cutting board. Do not use any metal because the vinegar reacts with it causing a disturbing taste. Toss with horizontal, cutting strokes. While tossing, slightly sprinkle vinegar dressing over the rice. You may not have to use all the vinegar dressing. Don't add too much or it will get mushy.
4. Lay your bamboo mat with bamboo strips going horizontally from you.
5. Place a sheet of nori on the bamboo mat. Spread rice on 2/3 of the nori closest to you
6. Add the filling, and roll up the sushi, sealing the nori with a little water
7. Using a sharp knife slice the sushi log into 1" rolls. Serve with dipping sauce - soy sauce and wasabi.

## Alterations:

Instead of rice vinegar, white vinegar will also work

## Notes:

# Sweet Garlic Tofu

C ■■■□□□ U  
Stove

## Ingredients:

½ block Tofu - any kind (although I prefer firm)  
¼ cup Brown sugar  
2 large Garlic cloves, crushed  
Vegetable oil  
Salt, pepper

## Directions:

1. Pour a ½ inch of oil into a medium-sized pan. Add tofu and fry.
2. Pour out excess oil, then add spices and sugar.
3. Cook until well coated and sugar is beginning to become sticky (if cooked too long, the sugar begins to caramelize).

## Alterations:

Instead of serving on rice, you can use ramen noodles.

I sometimes add a little (real) peanut butter with the brown sugar. You can experiment with other seasonings as well.

## Notes:



The end of the meal, and close to the end of the book.  
Cool down with some of these:

# Dessert

# Apple Cheddar Squares

C ■■■□□ U  
Oven

## Ingredients:

½ cup Margarine (old-style)  
2 Tbsp. Sugar (white)  
1 ½ cup Flour (all-purpose)  
1 cup Cheddar Cheese (grated)  
1 tsp. Baking Powder  
¾ to 1 cup Apple Jelly

## Directions:

1. Mix sugar, flour, and baking powder into a bowl.
2. Cut in the margarine and grated cheese with a pastry cutter or fork.
3. In a pan, spread out half of the cheddar mixture.
4. Add a layer of the apple jelly (using all), then cover it with the last half of the cheddar mixture.
5. Bake at 350F for about 30 minutes (until slightly brown), let cool before serving.

## Alterations:

None

## Notes:

# Apple Crisp

## Ingredients:

4-5 cups Apples (or more)  
1/4 - 1/2 tsp. Cinnamon  
3 Tbsp. Sugar (or less)  
1 cup + 3 Tbsp. Flour  
1 cup Oats  
1 cup Brown Sugar  
1 cup Cold Butter

## Directions:

1. Slice apples into a 9x13 glass pan. In a small bowl, mix 3 Tbsp flour, the sugar (3 Tbsp) and cinnamon.
2. Pour this into the pan of apples and mix.
3. In a large bowl mix the flour, oats, and brown sugar.
4. Slice the cold butter into bowl and cut in with a fork, trying not to get the butter too warm as that will make more of a dough (we want it to crumble).
5. Spread over the apples.
6. Place in oven uncovered at 350F for about 45 minutes (or until golden brown). Cool for 30 minutes.

## Alterations:

Can include 1/2 tsp. Nutmeg and/or 1 tsp. Vanilla extract.

## Notes:

# Chocolate Peppermint Biscotti

C ■■■■ □ U  
Oven

Makes about 3 dozen

## Ingredients:

- 1 1/3 cup Sugar
- 1/2 cup Butter (room temperature)
- 1 tsp. Peppermint Extract
- 3 Eggs
- 3 cup Flour
- 1 tsp. Baking Powder
- 1/2 tsp. Salt
- 2 cup Semisweet Chocolate Chips (divided)
- 1/2 cup Peppermint Candy (coarsely chopped)

## Directions:

1. Preheat oven to 350F, lightly grease a large baking sheet.
2. In a large bowl, mix together sugar, butter, extract, and eggs. Stir in flour, baking powder, and salt, finally stir in 1 cup chocolate chips.
3. Divide dough into 2 equal portions.
4. Shape each into a 10-inch by 2-inch log on the baking sheet, about 3
5. inches apart.
6. Bake 30 minutes or until golden brown. Do not shut off oven!
7. Remove from oven and place baking sheet in a wire rack to cool 15 minutes.
8. Reduce the oven temperature to 325 degrees, transfer each log to a cutting board.
9. Using a serrated knife, cut diagonally into 1/2-inch slices.
10. Place the slices cut side down on the baking sheets.
11. Bake 12-15 minutes, turning biscotti over once during time.
12. Cool on wire rack.
13. Melt remaining chocolate chips.
14. Dip half of each biscotti into the chocolate and sprinkle with peppermint candy.
15. Allow to cool on waxed paper.

## Alterations:

None

## Notes:

# Fruit with Dip

**Ingredients:**

- 1 cup Vanilla Pudding (sugar-free)
- 4 oz. Light Whipped Topping
- 1 tsp. Vanilla Extract

**Fruit:**

- 1 cup Watermelon (cubed)
- 1 cup Cantaloupe (cubed)
- 1 cup Honeydew (cubed)
- 1 cup Strawberries (cubed)
- 2 Bananas (sliced)
- 2 Apples (sliced with skin on)

**Directions:**

1. Mix together pudding, whipped topping and vanilla.
2. Arrange fruit on platter - provide toothpicks.

**Alterations:**

None

**Notes:**

# Ice Cream Cake

C ■■■□□□ U

Stove  
Freezer

## Ingredients:

- 2 L box Vanilla Ice Cream
- 6 cups Cornflakes (3 cups crushed)
- 1 cup Brown Sugar
- 1 cup Margarine (melted)
- 1 small package Sweetened Coconut

## Directions:

1. Melt butter in saucepan, over medium heat. Add brown sugar, and stir until dissolved.
2. Remove from heat, add cornflakes and coconut. Spread ½ cornflake mixture on the bottom of a greased 13 by 9 inch baking dish.
3. Spread the ice cream over the mixture and cover with remaining cornflake mixture.
4. Freeze & enjoy!

## Alterations:

None

## Notes:

# Lefse

C ■■■□□□ U

Stove  
Fridge

## Ingredients:

8 cups Potatoes (riced or mashed)  
½ cup Cream  
¼ cup Butter  
1 Tbsp Salt  
2 cups Flour  
¼ cup Sugar  
¼ cup Vegetable oil

## Directions:

1. Rice or mash hot boiled potatoes.
2. Add all other ingredients except flour.
3. Cool. (Set in fridge several hours or overnight.)
4. Add flour to cooled potato mixture. (Mix in with your hands works best.)
5. Form lefse dough into golf ball size (or larger) portions.
6. Roll out thin.
7. Use flour as needed on rolling pin and pastry cloth.
8. Cook on hot, dry lefse griddle or non-stick pan, cooking once each side.
9. Fill with berries, sprinkled sugar, and yoghurt

## Alterations:

None

## Notes:

# Light Biscuit Shortcake

C ■□□□□ U  
Oven

Makes 10 Shortcakes

## Ingredients:

1 cup All-purpose flour  
1 ¼ tsp Baking powder  
½ tsp Salt  
4 Tbsp Light butter  
½ cup Skim Milk

## Directions:

1. Sift together flour, baking powder and salt.
2. Combine butter with dry ingredients thoroughly. Then stir in milk.
3. Drop by spoonful onto non-stick baking sheet (or pat dough flat in an 8 inch non-stick cake pan).
4. Bake 10 to 12 minutes in a preheated 425 degree oven. (The top does not brown easily, so check bottom for over burning)
5. Top with strawberries, peaches, etc.

## Alterations:

May be baked in muffin tins for baking powder biscuits.

## Notes:



# Pots de Crème au Chocolat

C ■■■□□□ U  
Oven  
Stove

## Ingredients:

- 4 oz. Semisweet Chocolate
- 1 cup Cream
- 1 Large Egg
- 2 Egg Yolks (from large size eggs)

## Directions:

1. Preheat oven to 350F. Place a kitchen towel on the bottom of a baking dish that is large enough to hold the 4 ramekins (ceramic bowls).
2. Place the chocolate and cream in a medium saucepan. Stirring occasionally, and gently, over low heat, cook until the chocolate is completely melted.
3. Whisk the egg and egg yolks together. Continue stirring the eggs and gradually, in a thin stream, pour on the hot chocolate mixture.
4. Pour through a fine mesh sieve into a 4 cup glass measure.
5. Remove all foam from the top with a spoon.
6. Slowly pour the mixture into the ramekins and again remove all the foam from the top.
7. Place the ramekins in the prepared baking dish. Place the baking dish on the middle rack of the preheated oven and pour in boiling water to come two-thirds up the sides of the ramekins.
8. Set a sheet of foil loosely on top and bake about 20 minutes. A cake tester or point of a thin knife should come out cleanly. Check during the baking time to be sure the water does not boil. If you feel it is coming close to boiling, add a few tablespoons of cold water and reduce the temperature to 325°F.
9. Remove ramekins from the water bath and allow to cool at room temperature.
10. You may serve these custards warm or chilled. Decorate with a bit of flavoured whipped cream if desired

## Alterations:

None

## Notes:

# Pumpkin Pie

C ■■■■□ U  
Stove  
Oven

## Ingredients:

2 cups Pumpkin (cut into half-inch pieces)  
1/4 cup Liquid from cooked pumpkin  
1 cup Raisins (soaked in 1/4 cup dark rum)  
1 cup Sugar  
1 tsp. Cinnamon  
1/2 tsp. Nutmeg  
1/4 tsp. Cloves  
1/2 tsp. Ginger  
1 Tbsp. Molasses  
1 Tbsp. Butter  
1/2 tsp. Vanilla Extract  
1 Egg (beaten - with or without yolk)

## Directions:

1. In medium saucepan, add the butter and 1/2 cup water to pumpkin, and simmer over medium heat (should take approximately) 10 minutes.
2. Drain, reserving 1/4 cup of liquid. Mash or puree pumpkin.
3. Add raisins, rum, and remaining ingredients to the cooked pumpkin. Still until well combined.
4. Pour into pie plate on top of pastry (see Scratch - Pie Pastry).
5. Set in preheated 400F oven. Bake 15 minutes, reduce heat to 350F, bake another 30 minutes, or until the centre is set.

## Alterations:

If using canned pumpkin, skip the first two steps. If using frozen pumpkin pulp, thaw in pan with the butter and omit the water.

## Notes:

# Rhubarb Pie

C ■■■□□□ U

Stove  
Oven

## Ingredients:

1 1/4 cups Sugar  
4 Tbsp Flour  
Pinch of Salt  
4 cups Rhubarb, cut into 1/4-inch pieces  
2 Tbsp Butter

## Directions:

1. Preheat oven to 425F.
2. Line a 9-inch pie plate with half the pastry dough (see Scratch - Pie Pastry).
3. Combine sugar, flour and salt in a bowl.
4. Add the rhubarb and mix well.
5. Put rhubarb filling in the lined plate and dot with butter.
6. Cover with rest of rolled-out dough.
7. Crimp the edges
8. Bake for 10 minutes, then reduce heat to 350F and bake for 30 to 40 minutes more, until the crust is browned.

## Alterations:

None

## Notes:

## Inventory

Apples	Penne Diana, 54
Apple Crisp, 74	Ratatouille, 26
Fruit With Dip, 76	
Bacon	Bok Choy
Creamy Bacon Carbonara, 51	Vegetarian Wontons, 48
Newfoundland Cod Chowder, 24	Broccoli
Penne Pasta /w Spinach & Bacon, 55	Beef & Broccoli, 64
	Tofu and Cashew Chow Mein, 59
Baguette	Veggie Lasagna, 61
Garlic Bread, 16	Carrots
Pumpkin & Mozzarella Bruchetta, 18	Autumn Soup, 21
Baking Powder	Bean Salad, 12
Flour Tortillas, 31	Beef & Broccoli, 64
Light Biscuit Shortcake, 79	Carrot Salad, 14
Bean Sprouts	Chinese Salad, 15
Beef & Broccoli, 64	Easy Chicken & Rice Casserole, 67
Chinese Salad, 15, 14	Fish Soup, 22
Beans	Newfoundland Cod Chowder, 24
Baked Beans, 36	Potato – Leek Soup, 25
Bean Salad, 12	Sushi, 70
Chili Con Carne, 37	Tofu and Cashew Chow Mein, 59
Mexican Meat Loaf, 43	Vegetarian Wontons, 48
Beef (Ground)	Celery
Chili Con Carne, 37	Easy Chicken & Rice Casserole, 67
Mexican Meat Loaf, 43	Ham and Lentil Soup, 23
Speedy Spaghetti with Meat Sauce, 58	Potato – Leek Soup, 25
Beef (Steak)	Cheese (Cheddar)
Beef & Broccoli, 64	Apple Cheddar Squares, 73
Fajitas, 39	Spinach-Rice Casserole, 69
Bell Pepper	Cheese (Feta)
Bean Salad, 12	Greek Salad, 17
Chicken Fried Rice, 65	Cheese (Mozzarella)
Egyptian Lentils, 52	Pizza Alla Pumpkin, 45
Fajitas, 39	Pumpkin & Mozzarella Bruchetta, 18
Greek Salad, 17	Veggie Lasagna, 61

## Inventory

### Cheese (Parmesan)

Caesar Salad, 13  
Creamy Bacon Carbonara, 51  
Fettuccine Alfredo, 53  
Penne Diana, 54  
Presto! Pesto and Chicken, 56  
Sausage and Ravioli, 57

### Cheese (Ricotta)

Veggie Lasagna, 61

### Chicken

Baked Chicken with Curry Sauce, 63  
Chicken Cacciatore, 50  
Chicken Fried Rice, 65  
Easy Chicken & Rice Casserole, 67  
Exotic Ginger Cumin Chicken, 38  
Fajitas, 39  
Herb-Crusted Chicken LCB, 42  
Oven Fried Cajun Chicken, 44  
Penne Diana, 54  
Presto! Pesto and Chicken, 56

### Chicken Stock

Baked Chicken with Curry Sauce, 63  
Exotic Ginger Cumin Chicken, 38  
Fettuccine Alfredo, 53  
Roasted Garlic Soup, 27

### Chickpeas

Falafels, 40  
Hummus, 32

### Chocolate

Chocolate Peppermint Biscotti, 75  
Pots de Crème au Chocolat, 80

### Coconut

Ice Cream Cake, 77  
Suzie Brooks's Granola, 10

### Cornflakes

Ice Cream Cake, 77

### Corn Starch

Vegan Hot and Sour Soup, 28

### Cream

Baked Chicken with Curry Sauce, 63  
Lefse, 78  
Penne Diana, 54  
Pots de Crème au Chocolat, 80  
Roasted Garlic Soup, 27  
Smoked Salmon Quiche, 47

### Cucumber

Greek Salad, 17  
Sushi, 70  
Tabouleh, 19

### Curry

Baked Chicken with Curry Sauce, 63  
Curried Lentils, 66

### Eggplant

Ratatouille, 26  
Baba Ghanouj, 30

### Eggs

Chocolate Peppermint Biscotti, 75  
Classic Potato Latkes, 7  
Creamy Bacon Carbonara, 51  
Pancakes, 9  
Pots de Crème au Chocolat, 80  
Smoked Salmon Quiche, 47  
Spinach-Rice Casserole, 69  
Vegetarian Wontons, 48

### Fish (White)

Fish Soup, 22  
Newfoundland Cod Chowder, 24

## Inventory

Flour	Apple Cheddar Squares, 73 Apple Crisp, 74 Chocolate Peppermint Biscotti, 75 Flour Tortillas, 31 Light Biscuit Shortcake, 79 Pancakes, 9 Pie Pastry, 33	Egyptian Lentils, 52 Ham and Lentil Soup, 23 Red Lentil Dahl, 68
Ginger	Exotic Ginger Cumin Chicken, 38 Red Lentil Dahl, 68 Tofu and Cashew Chow Mein, 59 Vegetarian Wontons, 48	Lettuce Caesar Salad, 13 Chinese Salad, 15
Ham	Baked Beans, 36 Ham and Lentil Soup, 23	Molasses Baked Beans, 36 Pumpkin Pie, 81
Honey	Suzie Brooks's Granola, 10	Mushrooms Creamy Bacon Carbonara, 51 Easy Chicken & Rice Casserole, 67 Vegan Hot and Sour Soup, 28
Ice Cream	Ice Cream Cake, 77	Oats Apple Crisp, 74 Oatmeal, 8 Suzie Brooks's Granola, 10
Kale	Sauteed Kale, 46	Onions (Green) Tabouleh, 19 Vegetarian Wontons, 48
Leeks	Potato – Leek Soup, 25 Roasted Garlic Soup, 27	Olives Greek Salad, 17 Veggie Lasagna, 61
Lemon Juice	Caesar Salad, 13 Curried Lentils, 66 Fish Soup, 22 Hummus, 32 Red Lentil Dahl, 68 Roasted Garlic Soup, 27	Parsley Creamy Bacon Carbonara, 51 Curried Lentils, 66 Falafels, 40 Herb-Crusted Chicken LCB, 42 Spinach-Rice Casserole, 69 Tabouleh, 19
Lentils	Curried Lentils, 66	Pasta Sauce Chicken Cacciatore, 50 Sausage and Ravioli, 57 Veggie Lasagna, 61

## Inventory

### Pesto

Presto! Pesto and Chicken, 56

### Peas

Beef & Broccoli, 64

Easy Chicken & Rice Casserole, 67

### Potatoes

Autumn Soup, 21

Classic Potato Latkes, 7

Fish Soup, 22

French Canadian Pork Pie, 41

Lefse, 78

Newfoundland Cod Chowder, 24

Potato – Leek Soup, 25

### Pork (Ground)

French Canadian Pork Pie, 41

### Pumpkin

Pizza Alla Pumpkin, 45

Pumpkin & Mozzarella Bruchetta, 18

Pumpkin Pie, 81

### Raisins

Pumpkin Pie, 81

Suzie Brooks's Granola, 10

### Ramen Noodles

Chinese Salad, 15

Sweet Garlic Tofu, 71

### Rhubarb

Rhubarb Pie, 82

### Salmon (Smoked)

Smoked Salmon Quiche, 47

### Sausage (Italian)

Fettuccine Alfredo, 53

Sausage and Ravioli, 57

Sausage Lager

### Shortening

Flour Tortillas, 31

### Spinach

Penne Pasta /w Spinach & Bacon, 55

Spinach-Rice Casserole, 69

### Squash

Autumn Soup, 21

### Sunflower Seeds

Spinach-Rice Casserole, 69

Suzie Brooks's Granola, 10

### Tofu (Firm)

Sweet Garlic Tofu, 71

Tofu and Cashew Chow Mein, 59

Vegan Hot and Sour Soup, 28

Vegetarian Wontons, 48

### Tofu (Silken)

Veggie Lasagna, 61

### Tomatoes

Chili Con Carne, 37

Egyptian Lentils, 52

Greek Salad, 17

Penne Pasta /w Spinach & Bacon, 55

Ratatouille, 26

Red Lentil Dahl, 68

Speedy Spaghetti with Meat Sauce, 58

Tabouleh, 19

### Tuna

Tuna Casserole, 60

Sushi, 70

### Vinegar

Bean Salad, 12

Caesar Salad, 13

Chinese Salad, 15

Greek Salad, 17

## Inventory

Salad Dressings, 34

Sushi, 70

Vegan Hot and Sour Soup, 28

Wheat (Bulgur)

Tabouleh, 19

Whipped Topping

Fruit With Dip, 76

Yogurt

Exotic Ginger Cumin Chicken, 38

Lefse, 78

Zucchini

Pumpkin & Mozzarella Bruchetta, 18

Ratatouille, 26